

City of Albuquerque Department of Senior Affairs

Activities Update

As Albuquerque moves from red to yellow on the NM Department of Health's red to green framework, Senior Affairs will begin offering limited, low-contact activities at select 50+ Fitness Centers and Senior Centers beginning March 1. Information on how to register will be available at that time on cabq.gov/seniors, by calling the appropriate Center or 505-764-6400. Facilities will be following COVID-safe practices, which could alter typical operations.

We are continuing to use the state's public health order and the best guidance from the CDC and the National Council on Aging to determine when and how we will bring back programming, including which activities will be the safest. Because each facility is unique, activities, programs and capacity may differ. The City and our department are doing our best to ensure we are maintaining access to services and opportunities while also keeping you and our other members as safe as possible.

Here are some changes you can expect:

- A few limited, low-contact activities will be offered at this stage to maintain better social distancing. As conditions improve, more may be added. These activities might also include an altered registration process for certain activities.
- Hours will be limited.
- Gym visits will be timed and will require pre-registration.
- There will be no indoor dining.
- Some activities may need to be canceled or postponed.
- There will be new rules at our centers around personal protective equipment: expect to wear a mask and socially distance when you visit.

Although Senior Affairs facilities are adding activities on a limited basis, we will continue to maintain access to basic services that have been offered throughout the pandemic, including:

- Pick up meals will be offered at 5 Senior/Multigenerational Centers from 11:30 a.m. to 1 p.m.
- Rides for essential trips can be scheduled by calling 505-764-6464.
- Care Coordinators will still refer qualified participants to needed services, such as home services or home-delivered meals.

As always, we encourage you to call the host center for questions about activities or hours. And remember, wear a mask, wash your hands regularly and stay home if you have symptoms, are awaiting test results or have been in contact with someone who has tested positive. We look forward to seeing you soon!